



First Aid [Meeting 2]

Overview

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason scripting is included for guiding girls through a meeting; these "lines" are under the heading "**SAY.**" However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Cut small rectangles of fabric or ribbon, a little bit bigger than a Band-Aid.
- Gather bandanas and/or scarves before the meeting, enough so that each girl has one to work with during the activities

Get Help from Your Friends and Family Network

This badge would be great to ask a first responder such as a firefighter, ambulance worker or police officer to come and share their experience with the girls. It would also be great to have a doctor or nurse that works at a hospital to come and talk about the hospital experience. If you can't find a visitor to attend the meeting, it might help to at least interview a professional ahead of time and get their perspective to share with the girls.

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials



First Aid [Meeting 2]

Activity 1: Girls Arrive

- Fabric adhesive Band-Aids
- Scraps of material and ribbon
- Crafting glue dots
- Several pairs of scissors
- Colored markers

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Give Me a Beat — **Inside Option**

- Timers (3 or 4 to share among the girls)

Activity 3: Straw Pulse — **Get Girls Outside!**

- Straws, enough for each girl
- Clay, enough for each girl
- Paper and pencils
- Watch or timer, enough for 3-4 girls

Activity 4: Repeat After Me — **Inside Option**

- 2 blankets
- Bandanas and scarves, enough for each pair of girls to have one

Activity 4: Repeat After Me — **Get Girls Outside!**

- 2 blankets
- Bandanas and scarves, enough for each pair of girls to have one

Activity 5: Responders Relay — **Inside Option**

- 2 blankets
- 2 cups of water
- Bandanas and scarves, enough for each pair of girls to have one

Activity 5: Responders Relay — **Get Girls Outside!**

- 2 blankets
- 2 cups of water
- Bandanas and scarves, enough for each pair of girls to have one

Activity 6: Snack Break: Food Fighters

- Orange slices
- Bananas
- Sweet potato chips
- Milk, cheese slices, or yogurt

Activity 7: Sickie Skits — **Inside Option**

- First aid kit



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- Medicine
- Thermometer
- Blankets
- Pillows

Activity 7: Outdoors Injury Charades — *Get Girls Outside!*

- Index cards with outdoor injuries (enough for each girl), for example: sprained ankle, broken toe, burned fingers, fell into a ravine, knife cut, poison ivy/poison oak rash, snake bite, sun stroke (too much sun)
- Timer, watch

Activity 8: Closing Ceremony

- First Aid badges, one for each girl

Detailed Activity Plan

Activity 1: Girls Arrive

Time Allotment

10 minutes

Materials

- Fabric adhesive Band-Aids
- Scraps of material and ribbon
- Crafting glue dots
- Several pairs of scissors
- Colored markers

Steps

As girls arrive, have them create their own custom Band-Aids.

SAY:

- *As you come in, create some fun, custom Band-Aids that you can take home later or trade with each other. Take a Band-Aid and lay it flat on the table. Add three glue dots across the top.*
- *Then, simply pick the fabric or ribbon you like, stick it to the glue dots, and then trim excess fabric or ribbon with your scissors. You can also color your Band-Aid using the markers.*

Activity 2: Opening Ceremony

Time Allotment

15 minutes



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Materials

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to second First Aid meeting. Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *Welcome to our second First Aid meeting. Last time we learned how to check, call and care for those who need our help. Then we talked about first responders and how to get the patients to the right place to receive treatment.*
- *We also made first aid kits. Did everyone fill those at home? Anyone want to share what you put in it and where the kit is? Now you can add these cool Band-Aids, too, if you want.*
- *Today, we'll find out about bigger emergencies and how we can actually help. We'll learn some fun first aid tricks and how to help others.*
- *And then, we've all been sick before right? The last part to earning our badge is to learn more about how we can help our families and ourselves when sickness hits.*

Activity 3: Give Me a Beat — Inside Option

Time Allotment

15 minutes

Materials

- Timers (3 or 4 to share among the girls)

Steps

Girls take turns finding each other's pulse.

SAY:

- *One way to tell if someone is having an urgent emergency is to check her or his pulse rate. Your pulse tells your heart rate, and can help tell whether someone needs immediate care.*
- *There are two ways to check your pulse – you can use your wrist or your neck.*
- *For your wrist, use your index and middle finger, slide it down your thumb and stop at the folds in your wrist. Count how many beats you hear in 30 seconds, multiply that by 2, and that's your pulse, or how many beats your heart beats in a minute. [If girls need help, have them count the number of beats and do the math for them.]*



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- *To find your pulse in your neck, use the same index and middle finger, press the side of your neck between your throat and the large muscle there. Feel how many beats you hear in 30 seconds and multiply by 2.*
- *Try finding your own pulse using both ways, then try and find someone else's pulse.*
- *Compare – who has the higher pulse rate?*
- *Whose pulse was easier to find? That means that person has a strong pulse.*
- *If someone was having an emergency, that person's pulse might be weak. Or, it could be abnormally slow or fast. Call 911 for help if you think the person might be having an emergency.*

Activity 3: Straw Pulse — *Get Girls Outside!*

Time Allotment

15 minutes

Materials

- Straws, enough for each girl
- Clay, enough for each girl
- Paper and pencils
- Watch or timer, enough for 3-4 girls

Steps

In an outdoor area, girls learn how to take their heart rate using a straw and some clay.

SAY:

- *One way to tell if someone is having an emergency is to take her pulse rate. If someone is having an emergency, that person's pulse might be weak or really fast.*
- *There are two places to check for a pulse. You can do it by putting your fingers on your wrist or your neck.*
- *For this activity, you will use a straw and clay to check your pulse.*
- *First, put a piece of clay at your wrist or neck where you can feel your pulse. You decide which one is the stronger pulse.*
- *Then, have a friend stick a straw into the clay so it sticks straight out.*
- *Have your friend count how many times the straw moves in 30 seconds.*
- *Multiply that by 2 and that's your pulse or how many beats your heartbeats each minute.*

[When girls are done, **SAY:**]

- *Now we'll take your heart rate after you do an activity. But this time, you'll let another girl take your pulse rate.*
- *Make sure to write the second heart rate down.*



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[Note to volunteers: Have girls suggest an activity they want to do—like jumping jacks or a short race around an area outdoors.]

[When girls are done, **SAY:**]

- *What was it like trying to find your pulse? Which method was easier—wrist or neck?*
- *What was it like trying to find another girl's pulse? Which method was easier—wrist or neck?*
- *How much did your heart beat change from resting to after an activity?*
- *Does everyone have the same resting heart rate? If not, how does it differ?*
- *Did you notice a difference in pulse strength?*

Activity 4: Repeat After Me — Inside Option

Time Allotment

25 minutes

Materials

- 2 blankets
- Bandanas and scarves, enough for each pair of girls to have one

Steps

Teach girls how to make a stretcher, a sling, and a pressure pad.

SAY:

- *What would do if you came upon someone who couldn't walk? Let's say you are on a trail with your troop and a girl slides down a small canyon. You need to get her somewhere for help.*
- *If you don't know what's wrong, it may not be a great idea to move her as it could cause more injury.*
- *Instead, make a stretcher. Use a blanket, move your patient as little as possible, but get her on the blanket. Then, carry her to a safer place.*
- *Practice making a stretcher in small groups: one girl will be the patient, and the others carry her.*

[After girls are done practicing stretchers...]

- *Let's say the girl on the trail injured her arm. You don't want her arm to dangle so you'll need to make a sling. Make a sling out of a bandana or scarf.*
- *First, fold it so it is in a triangle shape.*
- *Rest the patient's arm in the long part of the triangle, and use the other ends to tie the sling around the person's neck, one end on each side.*
- *Practice making some slings for each other.*

[After girls are done practicing slings...]



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- *What happens if someone is bleeding a lot? You'll need to put pressure on the wound to stop the bleeding.*
- *Find what you can around – maybe a scarf, a shirt, even a clean sock. Use your own hand if nothing else is available. But you want to use something clean so you don't infect the wound.*
- *Then, try and have the person lie down, and raise the injured part above her heart.*
- *Practice in your groups by using a pressure pad to stop the bleeding on each other.*

Activity 4: Repeat After Me — **Get Girls Outside!**

Time Allotment

25 minutes

Materials

- 2 blankets
- Bandanas and scarves, enough for each pair of girls to have one

Steps

Teach girls how to make a stretcher, a sling, and a pressure pad.

Note to volunteers: Use the same meeting agenda plans for “Repeat After Me,” but take your materials and set girls up outdoors. Cover a picnic table or ground area with a plastic tablecloth to use as a workspace.

SAY:

- *What would do if you came upon someone who couldn't walk? Let's say you are on a trail with your troop and a girl slides down a small canyon. You need to get her somewhere for help.*
- *If you don't know what's wrong, it may not be a great idea to move her as it could cause more injury.*
- *Instead, make a stretcher. Use a blanket, move your patient as little as possible, but get her on the blanket. Then, carry her to a safer place.*
- *Practice making a stretcher in small groups: one girl will be the patient, and the others carry her.*

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- *Practice making some slings for each other.*

[After girls are done practicing slings...]

- *What happens if someone is bleeding a lot? You'll need to put pressure on the wound to stop the bleeding.*
- *Find what you can around – maybe a scarf, a shirt, even a clean sock. Use your own hand if nothing else is available. But you want to use something clean so you don't infect the wound.*
- *Then, try and have the person lie down, and raise the injured part above her heart.*

Practice in your groups by using a pressure pad to stop the bleeding on each other.

Activity 5: Responders Relay — Inside Option

Time Allotment

15 minutes

Materials

- 2 blankets
- 2 cups of water
- Bandanas and scarves, enough for each pair of girls to have one

Steps

Girls race each other to respond to the emergency. Try to get girls outdoors for this activity.

SAY:

- *Now that everyone knows how to respond to major emergencies, let's have a little fast fun.*
- *Break into two teams. The first person in line will be the first patient, so walk 20-30 feet away and lie down on the ground.*
- *In the first round, the next 2 people in line will race up; create a stretcher using the blanket, and race back with their patient. Then, one of the carriers becomes the patient and the next two go.*
- *After everyone has gone, round two starts.*
- *In round two, the patient lies down and needs a sling. The next person in the relay, makes the sling, brings her back, and the judge [that's me] will decide if she's "cured." If so, the girl who just tied the sling becomes the patient, and the next person goes. Once everyone has made a sling, round three starts.*
- *In round three, the patient lays down and needs a pressure pad. The next person in the relay must find something to use to stop the bleeding. Then walk the patient back, wait for the judge to call "cured" and then the next group goes.*
- *Ready to race?*



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Activity 5: Responders Relay — *Get Girls Outside!***Time Allotment**

15 minutes

Materials

- 2 blankets
- 2 cups of water
- Bandanas and scarves, enough for each pair of girls to have one

Steps

Girls race each other to respond to the emergency. Try to get girls outdoors for this activity.

Note to volunteers: Use the same meeting agenda plan for “Responders Relay,” but take your materials and set girls up outdoors. Cover a picnic table or ground area with a plastic tablecloth to use as a workspace.

SAY:

- *Now that everyone knows how to respond to major emergencies, let's have a little fast fun.*
- *Break into two teams. The first person in line will be the first patient, so walk 20-30 feet away and lie down on the ground.*
- *In the first round, the next 2 people in line will race up; create a stretcher using the blanket, and race back with their patient. Then, one of the carriers becomes the patient and the next two go.*
- *After everyone has gone, round two starts.*
- *In round two, the patient lies down and needs a sling. The next person in the relay, makes the sling, brings her back, and the judge [that's me] will decide if she's "cured." If so, the girl who just tied the sling becomes the patient, and the next person goes. Once everyone has made a sling, round three starts.*
- *In round three, the patient lays down and needs a pressure pad. The next person in the relay must find something to use to stop the bleeding. Then walk the patient back, wait for the judge to call "cured" and then the next group goes.*
- *Ready to race?*

Activity 6: Snack Break: Food Fighters**Time Allotment**

10 minutes

Materials

- Orange slices



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- Bananas
- Sweet potato chips
- Milk, cheese slices, or yogurt

Steps

As the girls eat the foods, talk about how certain foods can prevent people from getting sick.

SAY:

- *Certain foods we eat help prevent us from getting sick. Orange slices have a lot of vitamin C, which helps our immune system fight off colds. Milk and dairy have calcium, which help our bones stay strong. Bananas have potassium, which helps our bodies grow. And the sweet potato chips contains Vitamin A, which helps keep you from getting sick because it boosts your immune system.*
- *These foods help us not to get sick. Are there certain foods you like to eat when you are sick, such as chicken soup or tea? What are your favorites and why?*

Activity 7: Sickie Skits — Inside Option

Time Allotment

10 minutes

Materials

- First aid kit
- Medicine
- Thermometer
- Blankets
- Pillows

Steps

Girls break into groups to create and then act out how to care for a family member that is sick.

SAY:

First aid isn't always about urgent emergencies. Sometimes people get sick and need our help right in our own home. Break into groups and spend five minutes talking to each other about illnesses that you've seen or had. Come up with an idea based on someone's experience for a skit. Decide who will be the patient, and be sure to show how to take care of that person. We'll then all perform our skits for each other.

Activity 7: Outdoors Injury Charades — Get Girls Outside!

Time Allotment



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10 minutes

Materials:

- Index cards with outdoor injuries (enough for each girl), for example: sprained ankle, broken toe, burned fingers, fell into a ravine, knife cut, poison ivy/poison oak rash, snake bite, sun stroke (too much sun)
- Timer, watch

Steps:

Girls gather outside to play a game of charades and guess what the outdoor injury is.

SAY:

- *Taking turns, you will take an index card and see what the outdoor injury is. Then, without using words, you'll act it out for the group while everyone guesses what it is.*
- *I'll time you to see how long it takes to get the answers.*

[Note to volunteers: Encourage girls to add other injuries to the game if they want to do another round.]

[When girls are done, **SAY:**]

- *What injury was the easiest to figure out? Hardest?*
- *If you could do it over, what way would you have acted out your injury?*

Activity 8: Closing Ceremony

Time Allotment

5 minutes

Materials

- First Aid badges, one for each girl

Steps

Girls form a friendship circle and sing a song. Girls get their First Aid badges.

SAY:

- *Today we had fun tackling true emergency situations. We learned all about how to check someone's pulse, what to do if someone gets seriously hurt, and how to care for those that get sick at home. Everyone did a really great job earning her first aid badge today, and hopefully none of you have any emergency where you need to use it! But if it happens, I know you'll be prepared!*

Ask a girl to end the meeting by starting the Friendship Squeeze.